

HEALTH HABITS



Located at Astoria, Oregon Period 3 1925

Name Donald Moore Grade 7

Grades 5-8

“Without health, no one can as distinctly understand or as completely fulfil his obligations to himself, to his fellow beings, or to his Creator. Therefore the health should be as faithfully guarded as the character.”— *White*.

.....Parent's Signature

DAILY HEALTH HABITS

1. I took a full bath yesterday.
2. I brushed my teeth thoroughly in the morning and in the evening.
3. I drank at least six glasses of water. (One glass to each 15 pounds in weight is the rule.)
4. I washed my hands and cleaned my finger nails before each meal, and tried to keep out of my mouth fingers, pencils, and everything that might be unclean.
5. I ate some fruit and some vegetables, eating regularly and slowly, and nothing between meals.
6. I tried to have a bowel movement in the morning, and to attend promptly to the needs of my body.
7. I took ten (or more) slow, deep breaths of fresh air.
8. I tried to sit up or stand up straight at all times.
9. I tried always to be cheerful and courteous, and I worked at useful occupation at least one hour.
10. I slept 9 (or 10) hours last night with my windows open.

Put figure 1 in (or color) the space for each day that a habit is attended to.

Totals

FIRST WEEK

SECOND WEEK

THIRD WEEK

FOURTH WEEK

FIFTH WEEK

SIXTH WEEK

M T W Th F

M T W Th F

M T W Th F

M T W Th F

M T W Th F

M T W Th F

Weight Record

Beginning of Period		End of Period	
Age	14	Age	14
Height	63 1/2	Height	63 1/2
Weight	102	Weight	102
Normal Weight	112	Normal Weight	112

Suggestions for Those Who Are Underweight

That which will help to get up to weight will also help to keep up to weight. By faithfully following these simple suggestions it is possible in most cases to bring the weight up to normal in two periods.

1. All physical defects, such as diseased tonsils, adenoids, or eyes needing attention, must be corrected before one can gain.
2. Include in the diet:
 - At least a pint of milk each day.
 - Yeast breads (instead of soda or baking powder breads) made from whole-grain flours.
 - Well-cooked cereals for breakfast. (Oatmeal stands at the head of the list for growing children.)
 - With plenty of milk or cream but *no* sugar. (Dates or raisins eaten at the same time help not to miss the sugar.)
 - Eat less candy. (If eaten, take it at the close of the meal, not at the beginning or between meals.)
 - Eat slowly and masticate your food well.
 - Eat regularly, but never between meals.
 - If much underweight, plan if possible for a light mid-morning lunch (such as a glass of milk with bread) at a regular time.
3. Plenty of fresh air and sunshine.
 - Rest after meals.
 - Early to bed.
 - Ten to twelve hours' sleep every night.
 - A daytime nap when possible.

To the Teacher: Pupils should record "Health Habits" each school day at a regular time, preferably the first thing in the morning for the previous day. The cards should then be collected and kept in the teacher's desk. They should be sent to the parent with the period report cards for his signature.

Pupil's grade in health will depend on his faithfulness in following "Health Habits." His grade in "Physical Culture and Health" will be an average of his progress in daily physical culture drills and formation of health habits.